



## Linguine with Asparagus, Parmesan, and Bacon

READY IN



45 min.

SERVINGS



4

CALORIES



467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 cups asparagus sliced (1-inch) (1 pound)
- 4 slices bacon uncooked ()
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons bottled garlic minced
- 1 tablespoon butter
- 2 cups cherry tomatoes
- 0.8 cup less-sodium chicken broth fat-free
- 2 tablespoons juice of lemon fresh

- 9 ounce pasta refrigerated
- 1 cup onion chopped
- 1 teaspoon oregano dried
- 2 ounces preshredded parmesan cheese
- 0.3 teaspoon salt

## Equipment

- bowl
- frying pan

## Directions

- Cook asparagus and pasta according to pasta package directions, omitting salt and fat.
- Drain; set aside.
- Cook bacon in a large nonstick skillet over medium-high heat until crisp; cool slightly.
- Remove bacon from the pan, reserving 2 teaspoons drippings in pan. Crumble bacon.
- Add onion, garlic, and oregano to drippings in the pan; saut 4 minutes or until onion is lightly browned.
- Add tomatoes; cook 2 minutes.
- Add broth; bring to a boil. Stir in butter, salt, and pepper; remove from heat.
- Place asparagus mixture in a large bowl; add tomato mixture and juice, tossing well. Top with bacon and shredded cheese.
- Garnish with shaved Parmesan, if desired.

## Nutrition Facts



PROTEIN 16.95% FAT 31.56% CARBS 51.49%

## Properties

Glycemic Index:61.25, Glycemic Load:20.92, Inflammation Score:-9, Nutrition Score:23.465217217155%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 7.73mg, Isorhamnetin: 7.73mg, Isorhamnetin: 7.73mg, Isorhamnetin: 7.73mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 22.76mg, Quercetin: 22.76mg, Quercetin: 22.76mg, Quercetin: 22.76mg

## **Nutrients (% of daily need)**

Calories: 467.27kcal (23.36%), Fat: 16.57g (25.49%), Saturated Fat: 7.31g (45.69%), Carbohydrates: 60.82g (20.27%), Net Carbohydrates: 55.15g (20.05%), Sugar: 7.56g (8.4%), Cholesterol: 31.68mg (10.56%), Sodium: 730.93mg (31.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.02g (40.05%), Selenium: 52.17µg (74.53%), Manganese: 0.97mg (48.37%), Vitamin K: 47.96µg (45.68%), Vitamin C: 29.27mg (35.48%), Phosphorus: 346.21mg (34.62%), Vitamin A: 1341.06IU (26.82%), Copper: 0.48mg (24.06%), Calcium: 239.99mg (24%), Fiber: 5.67g (22.69%), Iron: 4.08mg (22.68%), Vitamin B1: 0.32mg (21.57%), Folate: 85.33µg (21.33%), Vitamin B6: 0.41mg (20.32%), Potassium: 662.01mg (18.91%), Vitamin B3: 3.72mg (18.61%), Magnesium: 70.6mg (17.65%), Vitamin B2: 0.29mg (17%), Zinc: 2.32mg (15.49%), Vitamin E: 1.94mg (12.96%), Vitamin B5: 0.97mg (9.68%), Vitamin B12: 0.37µg (6.19%), Vitamin D: 0.16µg (1.06%)